

Dedicated to Those who Would Get  
Well, Keep Well, and Live 100  
Years without Doctors or Medicine



By Professor Zaeh Shed  
Denver Colorado  
1900

A CONCISE AND RATIONAL COURSE IN

HYPNOTISM, PERSONAL MAGNETISM  
PHYSICAL CULTURE, HEALTH BREATH-  
ING AND MAGNETIC BATHING

TOGETHER WITH COMPLETE INSTRU-  
CTIONS FOR THE TREATMENT OF PAIN  
AND DISEASE BY USE OF MAGNETISM

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## Chapter I.

### PERSONAL MAGNETISM.



HIS is a subject on which we have had a great deal of trashy literature of late, and a peculiar coincidence connected therewith is that this literature has in most cases been put forth by medical doctors, who as a profession have fiercely denied the existence of magnetism for the last two hundred years. It is quite remarkable that a profession which has been so antagonistic to this subject for centuries, should so suddenly acquire a knowledge of the intricacies of magnetism, that enables them to teach it with so much confidence. The books devoted to this subject have sold at prices ranging from twenty-five cents to twenty-five dollars, and have been advertised far and wide with a flourish indicating that they really contained revelations of an extraordinary character. One author says, "If you would succeed in life, cultivate your magnetic powers." Another, "If you would control the world, develop your magnetic forces." Another, "If you would control others, acquire a knowledge of your magnetic forces and how to use them."

As ridiculous as it may appear, the idea conveyed is that a person having acquired a knowledge of this or that system would of a necessity, soon become so intensely magnetic that he would draw about him any class he might wish to control, much as a huge magnet would effect small particles of steel. Unfortunately for the newly acquired converts to magnetism, it is a subject which in their present state of enlightenment, they are illy prepared to discuss.

Personal magnetism is not hypnotism. Neither is it suggestion, Christian science nor telepathy, as many ill advised people seem to think. What is your personal magnetism? This and nothing more: It is one of the evidences of your vitality; the psychic or odylic force which originates in and emanates from all living organisms. Its value and quantity depend entirely upon your mental and physical condition. It may be strong or weak, harmonious or inharmonious, healthy or diseased.

Every living organism has a magnetism peculiar to itself. The vital force from a healthy individual is of itself a curative power or force. Its value must be determined entirely, (speaking of it as a curative agent,) from the standpoint of the health and mental condition of the organization from which it emanates. A vast deal of the sickness in this world also a large percentage of the family jars and divorces have their origin in one person taking on the diseased emanations from others, or being vampired of their vitality by association with those who are out of harmony with them. And it is not necessary that one should be sick or diseased in order to impart a force to another which may prove injurious to those who are the unconscious victims.

The odylic force of one who is out of harmony with you will invariably depreciate your vitality and ruin your nervous system if the association or contact be kept up for any great length of time. What is called love is founded on and has its origin in the harmonious relationship which the force of one person bears to the force of another. No power on earth can compel you to love a person whose magnetic aura is antagonistic to yours. Hence, the interference of outsiders in match-making and marriages have been productive of immense evil, not only to the parties united, but also to their posterity. People who are illy mated should not be allowed to produce children, say nothing of compelling them to.

The false conceptions which have grown up among the common people from reading the ill-founded babblings of these upstarts in the magnetic field, may be illustratrated by reference to some of the expres-



sions which are so common. We hear it said of the speaker: "He is very magnetic." Why? What has speaking to do with magnetism? If nothing, then why is he not just as magnetic when he is not speaking? Investigation often shows that such persons, instead of having any attractive force about them are slovenly, unclean, licentious, intemperate, and frequently disgustingly gross and immoral by nature. These characteristics should certainly not be mistaken for personal magnetism.

Also, it is often said of a book agent, revivalist or a sharp jury lawyer that "he is very magnetic." Yet when we understand the subject which we are discussing, it must be apparent that many of these persons have even less personal attraction than many others who are less successful.

Now why are these terms so used? Simply because these wise teachers don't know the difference between personal magnetism and hypnotic fascination. It were better for us to learn how to resist the evil minded persons than to waste our time in coddling a delusion with a view of getting the best of someone. The bird becomes fascinated by the snake to such a degree that he actually flies into the snake's mouth. Yet I hardly think anyone would argue that it was the magnetism of the snake which lured the bird to its death. We would say that his power of fascination made it possible for him to control a subject who had not the power of resistance necessary to defeat his charm.

Personal magnetism does not act at a great distance upon others. It requires close contact to get results. Is it possible that the personal magnetism of the speaker reaches his hearer who is perhaps fifty or a hundred feet from him and hundreds of antagonistic forces intervening, in a manner which is sufficiently strong to control the hearer? Now, it is a well established fact that some people are easily hypnotized by acting on their auditory nerves alone. Others by gestures or movements which weary the eye to follow. Others through the olfactory nerves on inhaling a particular odor. Others may be put into the most profound sleep by a touch of another person.

Now, is it not far more probable that the logic of the speaker, his gestures, the effect of his voice upon the auditory nerves of the hearer, or the tone and inflection of his voice may have more to do with fascinating or persuading the hearer than has the so-called personal magnetism of the speaker? It is characteristic of the political speaker or the exhorter, to appeal to the prejudices or excite the fears of his hearers. Persons who are laboring under an apprehension of danger, who are angry or excited, are in the strict sense of the word insane, and are hardly responsible for what they may do, think, or say, while in that condition. To be more explicit, the first stage of the magnetic or hypnotic condition is called the PSYCHOLOGY OF ATTENTION. When one has your attention thoroughly fixed upon a subject or object, to the exclusion of all other things, you are hypnotized to that condition. While you may boast that nobody could hypnotize you, a little reflection will convince you that you have been hypnotized thousands of times. Now, it is a fact that you may ward off the wiles and influence of the most adroit and skilful hypnotizer or fascinator by continually suggesting to yourself the contrary of his designs, during the entire time of his discourse or conversation. No one can hypnotize you without getting your attention. When you withhold that you are safe against any influence.

Your personal magnetism then depends, not upon your size, your shape, your voice or your general appearance but upon the strength of your vitality and your mental and physical health. You may fascinate others with the melody of your voice, your gesture or your personal appearance. You may hold their most profound attention with a logical and forceful argument. You may charm them by the ease and grace of your manners, you may even persuade them against their will by psychologizing their attention and holding it steadfastly during an interview, and all this may be accomplished, and repeated, though you have but little healthy magnetic force. No matter how strong and vigorous your magnetism may be it will be attractive to some and disagreeable to others. All persons are not strung on the same



key; hence all are not in harmony. Don't blame the people who do not like you, for it is not their fault. There are many persons whom you could not like if you were to try never so hard.

### **The Two Great Secrets**

about personal magnetism are these: First build and maintain a vigorous and robust body and a strong mind by living temperately, exercising with moderation and regularity, keeping the emunctories of the body in a healthy condition, the feet warm and the head cool, and avoiding medicine as you would a death-dealing pestilence. Second, if you would succeed in life, look first to the justice of your cause. Go about your undertakings, even the smallest, with an air of confidence and a positivity of manner indicating that you are bound to succeed. The power through which man acts is the will. Never vacillate or waver mentally when you know that you are right; your crowning curse may be a belief in your own weakness—your fear of ability to succeed. "Fear is the dismal dungeon which enchains the human mind." Go about whatever you undertake with a zeal and a might which admits of no doubt. Approach a business man with a firmness and positivity of demeanor which will inspire him with a confidence in your ability to accomplish your purpose. But never attempt to psychologize his attention while he is engaged with other business, because you can't do it, and you can't succeed without his full attention.

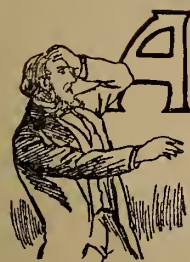
Don't let the idea get riveted upon you that you are inferior to other people. Practice and perseverance will in time enable you to do what others do, if even you don't do it quite so well. You fail for two reasons: First, because you lack experience and second, because you lack faith in yourself. Don't be deluded with the idea that you know it all, or that some one else may not be able to give you valuable thoughts. Therefore, investigate. Truth wears no mask. "He who will not investigate is a bigot He who dare not investigate is a coward. He who cannot investigate is a fool."

Men are but the legitimate product of heredity, maternity and environment, for which they are in no sense responsible. If you would influence others look upon them with charity. There is more magnetism in sympathy and kindness than in vinegar and contempt.



## *Chapter II.*

### BREATHING.



**A**LMOST every form of disease may be cured by breathing. This sounds strange to most people, yet there are numerous races which for thousands of years have never had a doctor or a drug store among them. They rely entirely upon breathing, bathing and muscular work for the cure of every disease. Few people use to exceed sixty per cent. of the air cells of their lungs. Another serious fault with the breathing of many persons is that they breathe through the mouth instead of the nose. This is productive of much trouble which it is not necessary to discuss here. Show me a person who breathes well and I will show you one who is in quite nearly, if not in absolute, health.

#### Position in Breathing.

To breathe well, the body should be free from restraint from tight clothing, the shoulders thrown slightly back and the body straight. Commence by breathing a little more air than you ordinarily take

into the lungs at a time. Increase the amount inhaled from time to time until you are able to take a full breath.

### **Abdominal Breathing.**

That is filling the lungs so as to expand the lower part of the abdomen as well as the chest, is much neglected. The circulation in and through the pelvic functions is much retarded by this neglect, which lays the foundation for numerous diseases of the sexual organs and much female weakness.

### **Take Long Inhalations**

as frequently as possible and practice holding the air in the lungs long enough to count five pulsations of the heart. Then breathe out slowly, not suddenly, until the lungs are entirely empty. Otherwise the air remaining in the lungs continues to poison the system by reason of its impurity.

### **Tension.**

The best results may be had by putting some muscular tension on the body, if even but slight, while holding the breath.

### **Packing the Lungs.**

After you have practiced on increasing the amount of air inhaled for several days, and the lungs are prepared for a more severe strain, you may increase the lung capacity greatly by the following method: Inhale about all the air you can, and then with a sudden gasp inhale all you can take, and hold as before directed, and then exhale very slowly, completely emptying the lungs. Breathe thus for three or four times in succession, and repeat several times during the day. **BREATHE WHILE WALKING.** Inhale slowly while walking five steps. Hold the breath while walking ten to thirty steps as you increase

in power. Then exhale slowly while walking ten steps, entirely emptying the lungs. Then breathe as usual for a few times and repeat. Keep this up during a mile walk. Notice its effect upon your perspiring

### After Meals.

Lie down on your back, inhale all the air possible. Hold for six seconds, and exhale slowly. Do this three times. Now fill the lungs fairly full and while holding the breath, with a muscular effort draw up the abdomen as though trying to pull it inside of the chest bone. Now let it down by relaxing the abdominal muscles and draw it up and let it down three times before you exhale. Empty the lungs slowly and entirely as before. Now fill the lungs and repeat the work above given not more than four times at the start or your muscles about the stomach will be made sore. You may increase the abdominal working up to thirty pulls while holding one breath, in the course of a month's practice.

### Night Breathing.

X After you have retired and are ready to go to sleep (not before), inhale as last directed, filling well the chest and abdominal cavity and then raise the back between the shoulders slightly from the bed till you feel a spreading of the muscles over the stomach. Repeat this four or five times. Now fill the lungs and do the abdominal work directed in last section for five to ten times. Now continue to inhale deeply, holding the breath five seconds and then breathing out slowly through the nose until you go to sleep. Notice how well you will sleep, also how easy it is to drive away nervousness and worry.

### For Pelvic Trouble,

uterine trouble, sexual weakness, or any disease of the procreative functions, use the following method for thirty minutes, twice a day, and continue for a month or two. Lie on the back. Fill the lungs as before,



except not quite so full at the start. When the lungs are full, swell the lower part of the abdomen out full by forcing the air downwards, and hold it there for five seconds. While holding it thus, send the mind strongly from the pit of the stomach down to where the disease is located, or the weakness is situated, and breathe out slowly, till the lungs are entirely empty. About once in ten breaths, fill the lungs and draw up the abdomen towards the stomach three times and then proceed as before. Remember that the mind must be used with every breath as you continue this exercise.

I ask that you observe particularly, the effect that this work has on the functions which you are treating. Notice that the whole abdominal region will become very warm. The functions which are weak or diseased, will become warm, and there will be an appearance of new life in all these functions. The first operation should satisfy you that you are on the right road. Then all that you have to do is to persevere. If you are not benefitted, it will surely be your own fault. I have cured scores of the most distressing cases of female trouble by this method. Fresh, pure blood is what is needed to revive these diseased parts. You can send it to them with the mind, if you will only do the muscular work so as to make room for it to get there.

### Don't Worry.

Never allow anything to worry, harass or excite you. You can never remedy anything through fear, hatred, anger, remorse, jealousy or excitement. These mental conditions destroy your brain, turn the secretions of the body into poisonous acids and poison the blood.

### The Effects of Good Breathing.

It forces the blood out into the capillary or surface circulation. If the stomach is sour, or sore, all it needs is plenty of fresh oxygen. Take twenty deep breaths and it will relieve the worst case of sour

stomach or dyspepsia. You can make the bowels act by these methods alone. There is nothing which will start digestion so quickly. A headache may be often relieved in ten minutes by deep breathing alone. When you can't perspire, a walk of a few rods and the deep breathing herein directed, will start you off all right. For colds, pneumonia, fevers, chills, suppressed mensuration, colic, and a thousand other ailments for which you would naturally call a doctor, breathing of this character will settle the matter without doctors or poisons, if taken in time. Compel your children to sit up straight and inhale well while they are growing. A person who does not know how to breathe is utterly unfit to raise a family of children, because he doesn't know how to live himself.

### The Elixir of Life.

x This little paragraph is worth more to you than all else which you will ever have in this world. Take a half hour each day or evening, no matter what the time. Seat yourself in a comfortable position. Close the eyes. Now relax the entire system completely. This is most easily done by imagining that you are sinking down. Now go into abstraction. That is, get everything out of your mind. Now breathe deeply and continue for fifteen to thirty minutes. If you feel that you must think, then think only of the most pleasant things which have happened in your life. Don't say that you have not the time to do this, you will be well repaid for your time. It will add years to your life, make your work easy, rest your mind and give you a general invigorating which you can get in no other manner. The ancient peoples practiced this daily. They called it the "Elixir of Life." Don't fail to try it for one week. You will never regret it.



## *Chapter III.*

### MAGNETIC BATHING.

#### Introduction.



HE skin is the great emunctory of the body. When in a good condition, it throws out twice as much poison in a day as the bowels and kidneys combined. Is your skin doing its proper work? If it is not, perhaps this is why you are bilious, nervous, constipated, and have skin disease.

#### How to Take this Bath.

If you have no bath room, have a quart or two of water stand in your room over night so that it will be about the same temperature of the room in which you bathe. It should be cold. First, wash out the mouth, clean the teeth and scrape all the poison from the tongue. You don't want to swallow that again.

#### First.

Wash the hands and face well. Now dip but the palms of the hands in the water and wash well the whole face and neck, giving the neck and ears a good rubbing. Now catch your rough towel and rub the wet parts as dry as possible, and finish by rubbing the same thoroughly dry with the flat hand before leaving the part.

### Second.

Dip just the palm in the water and rub one arm well, and under the arm-pit. Knead the whole well. Rub dry with towel and finish with the flat hand, till absolutely dry.

### Third.

Now bathe the other arm as the first.

### Fourth.

Now wet the chest from the neck down to a little below the pit of the stomach and well around on the sides. Finish with the towel and hand as before.

### Fifth.

Now wet the abdomen from the stomach down to the legs. Knead it well cross-wise and length-wise while wet. Pinch the skin at any place where it looks white, and get the blood to the surface. When well kneaded, apply the towel and finish with the hand.

### Sixth.

Now wet the hand and slap it hard on the lower end of the spine a few times. Knead with the ends of the fingers hard. Finish with the towel and the hand.

### Seventh.

Now wet and finish one leg from the body down to the knee. Then from the knee to the toes. Then the other leg in the same manner. If you are troubled with cold feet during the day, just dip them in quite cold water, one at a time, after you bathe and rub dry with a towel and follow with the hand.



### Eighth.

Now sit your vessel down on the floor and get over it. Now wash thoroughly the parts between the legs which have not been touched and have the water pretty cool. Dry as before.

### Ninth.

By this time your towel is pretty damp. Throw it over the shoulders and saw it back and forth vigorously. Then throw it around the waist and do the same, till you start the blood to the surface of the back and shoulders. Now give the head fifty strokes with a stiff hair brush and you are ready for your exercises.

Bathe but once a week in soap and tepid water and stay in the water not to exceed five minutes. Cool off with cold water before dressing, as warm water leaves the pores open and when the skin is left hot it becomes weak. Use plenty of towels. Never leave a wetted spot till thoroughly dried with the hands. Remember that you can't dry the skin with a towel. This is why so many take colds while bathing. Take this bath every morning, sure.

The face and hands should be washed in warm water and soap at least three times a week, following with cold water, the towel, and drying with the hand, to make a good complexion. If you desire to get the benefits of a genuine bath, take this one as directed and don't try to improve on it, because it is perfection itself. It cleans the skin, closes the pores in a healthy manner, invigorates the nerves, prevents your taking cold and tones up the system generally. There is no other bath known to the world which has all these advantages. There is no excuse for not taking it, as it may be taken in the smallest drawing room of a sleeping car with a pint of water, if no more is at hand, and without the use of a bath-tub. The scalp should be bathed once a week when you take your soap bath and rubbed well with brush and soap,

X then rinsed with cold water and well dried to prevent taking cold. Never sit down a minute with the scalp wet. Don't wet the hair in taking your morning bath, nor use any soap on the body at that time.

### General Hints to Well People.

A normal temperature is 98. The vital organs are usually carried four inches too low in walking, sitting and standing. Remedy by elevating the shoulders.

Activity without too much fatigue, is the law of health. Much rest weakens the stomach. Nervousness is caused by vital waste; insomnia by over-activity of the nerves; neuralgia by reading while lying down, nervous depletion and excesses. The first cause of cold is weakness. Cold is not caused by cold, but by heat on the surface of the body. The center of the body is hot. The surface should be cool. Heat goes toward cold.

Hot rooms impair vitality and destroy the value of air. Exercise which drives the blood into the capillary circulation will produce a lasting and natural warmth. Never warm yourself at a stove. Do it with exercise if you would remain warm. No artificial heat is needed. Heat on the surface of your body impairs respiration. (Catarrh poisons the blood and reduces it, as well as absorbs the elements which expel rheumatism and neuralgia. No medicine in the world ever cured catarrh, though it may be kept in complete subjection by adhering to this system of treatment, avoiding the use of grease in your food, and also the use of tobacco.)

X Pimples, blotches and sores on the body, come from poverty of the blood. No medicine ever cured a case of this kind. Follow these instructions and take the juice of a lemon every morning in warm water, afterwards a glass of hot water before breakfast, and you need never be bilious or have any skin trouble whatever.

### Conclusion.

I was sick for many years. I was cured by these methods and have neither had a cold, a bilious attack nor taken a dose of medicine in ten years. I practice this entire system myself, and can show records of curing more than nineteen thousand people by these practices. I know just what I am talking about. My experience covers more than thirty years of active healing of the sick by these methods. And I want to say to you in closing, that this system if properly and honestly used, will cure any curable disease known to the world, and keep the patient well after he is cured.





## Chapter IV.

### PHYSICAL CULTURE.

#### Introduction.



LITTLE observation will convince anyone that most people need considerable reforming in their physical make-up. Not one person in a hundred either walks, stands or sits correctly, and not one in a thousand uses to exceed 65 per cent. of the air cells of the lungs which Nature has given them for a wise purpose. I wish it were possible for me to impress upon the men and women of this country a thorough understanding of the vast injury which they are inflicting upon themselves by not developing and using in a rational manner all the muscles of their bodies. Physical training for the cure of disease is very old. Reputable travelers and historians tell us that the Chinese had reduced it, and also breathing and bathing, to a science 2,600 years before the birth of Christ. Through the use of this system, they cured every form of disease that was curable.

Winning a prize in the gladiatorial games in Rome assured the winner a life annuity. Down to the introduction of poisonous medicine by doctors, it was the prime and important curative agent of the world. The movement cure was established in Sweden by Peter Henry Ling, in 1813. Stockholm now boasts of a number of these concerns which are under government control. One of these schools at St. Peters-



burg is the largest in the world and treats thousands of cases annually. The celebrated Dr. Taylor says of these treatments: "There is scarcely any chronic disease known that is not successfully treated at these institutions." It is said that there are now more than fifty of these institutions scattered throughout Europe. All the ancient nations of the earth practiced mechanical operations upon the body for the cure of disease. Greek historians tell us of the order of Brahmin Healers, three hundred years before the Christian era, who cured by these methods. "In Sparta," says Dr. Taylor, "physical culture over-topped everything else, the women being required to train as well as the men."

### The Greatest Men of the World

have regarded training of the muscles as of the greatest importance. Dally says: "Movement is one of the primordial products of life and the regulator of all vital conditions." Pliny says: "The mind is stimulated by movements of the body." Galen says: "All the powers of the soul are increased and renewed by exercise." Aristotle says: "The cause of disease is the excess of excretions which results from an excess of nourishment, or from the want of exercise." The great and venerable Hypocrates said: "He who eats without taking exercise cannot be well." Plato: "A good education is that which assures to the body all the beauty, all the perfection of which it is capable." Vegece says: "The military men of the world assert that daily exercises contribute more than medicine to the maintenance of the soldiers." Don't you believe for a minute that physical training is a new thing because doctors have not taught you how to keep well. Bear in mind that nutrition or muscular development of any part of the body occurs in direct relation to the active movements to which the part has been subjected.

Ling says: "Every movement should have proper relation to the organization of the body. A movement is worth nothing if it be not properly executed."

Nutrition, respiration, secretion and absorption are the means whereby the blood, the great fountain of life is maintained in its purity. Digestion is dependent on the blood, its quality and distribution. Movements are mechanical agencies, which are to be rationally used for the purpose of inducing a well balanced circulation of the blood through all the muscles.

Too much rest weakens the stomach and retards assimilation.

Among the ailments which may be successfully treated by the methods taught in these instructions are, insomnia, catarrh, neuralgia, rheumatism, constipation, liver trouble, nervous prostration, indigestion, and all forms of stomach trouble, sick headache, paralysis, muscular contraction, kidney trouble, heart trouble, gout and general debility.

### Morning Practices.

When you first awake in the morning, rub the blood out of the forehead down each side of the head with the flat hands. Then place the ends of the two middle fingers against the nose up between the eyes, and with some pressure draw them down closely against the cheek bone to the end of the jaws. Repeat three times. Now place them in the same position and draw them with a little pressure from the nose around on the bone close up to and around to the outer corner of the eyes three times. Now with the flat hand crush the nose down and massage it well two or three times. This process will work the blood into all parts of the face, prevent dark lines under the eyes and near the nose and invigorate the complexion of the entire face.

### Clothing.

Wear nothing during the night that has been worn during the day, because it is filled with poisonous exudations from the body. Hang your clothing on retiring where the fresh air will strike it during the night, and see that your sleeping room is well ventilated during the entire night.

### Dressing.

Always begin at the top of the body and dress downward, ending with the feet, if you would avoid driving blood to the head and having headaches during the day.

### Stretch Yourself.

A cat or other animal has instinctive knowledge enough to stretch well after sleeping, before taking any exercise. Have you done as well? You are supposed to measure a half inch more in length in the morning than when you retire. Jumping out of bed suddenly and throwing the weight of the body on these relaxed muscles, before they are tensioned and filled with blood, will start you off for the day in a condition to get tired before noon. Muscles should be well filled with blood before using in the morning.

### How to Stretch.

Lie on your back. Grasp the two fore-fingers of the left hand firmly with the right. Fill the lungs full. Throw the hands above the head as far as possible and stretch upwards with the hands and downward with the feet (toes turned down) as hard as you can. Repeat this three times, changing the grip each time. Now clasp one hand as before, and when stretched at full length raise the hips a few inches and swing them vigorously sideways four or five times and you are then ready to get up.

### Get Out of Bed

slowly, so as to let the blood get out of the brain before you stand up, if you would avoid dizziness. When you are on your feet, raise on your toes and stretch the arms up as far as you can, clutch the hands and stretch again. Repeat this movement three times. Now you are ready for your bath, the directions for which are given in chapter on bathing. Wear no clothing during your bath. Expose the entire body to the chill of the room as soon as you arise. This will prevent your becoming chilly during the day.

### About Breathing.

Before taking any movement given in these lessons, always fill the lungs comfortably full and hold the breath during the entire movement if convenient. If not, stop the exercise long enough to breathe out and fill the lungs again before proceeding. Always inhale through the nose and exhale the same. People who breathe through the mouth usually have catarrh. Help it by breathing through the nose. Should your head begin to ache during the exercises, you may know that you are using some of the air cells of your lungs which have been in disuse. Stop the deep breathing for the time and proceed with the exercises while you breathe as usual, but breathe deeply again as soon as you can do so, if but a little, till you finish. Increase the breathing daily with your exercises. Exercise without proper breathing amounts to very little and tends to increase the size of the lungs before the chest is sufficiently developed to hold them. Now you are supposed to have taken your bath and you are prepared to begin your morning exercises as follows :

NO. ONE. Stand erect. Raise on the tips of the toes fifteen times without touching the heels when you come down. Increase a few raises every morning, till you can raise fifty times.

NO. TWO. Drop the hands at the sides. Clutch them gradually as you raise them out from the sides till they are on a line with the shoulders. Now raise the shoulders and clutch hands with all your might and stretch the arms out as far as you can. Exhale and repeat slowly three times. It is well to have round sticks in the hand for this work, as it brings more muscles into play.

NO. THREE. Stand erect and inhale. Now turn the face around over the right shoulder, as if trying to look directly behind you. Now turn to the left in the same manner. Turn each way ten times. Now lay the right ear on the right shoulder, or as nearly as you can. Now the left on the left shoulder. Repeat in each direction ten times. Now bend the head forward as far as possible. Now back as far as



it will go. Repeat ten times. All movements should be taken slowly, having the mind enter into the movement so as to express the idea of the work. Remember we are training not straining the muscles, and that nothing is gained by hurting or over-working any of them in this work.

NO. FOUR. Stand erect, fill the lungs, throw the foot up backwards till it strikes the body. Continue till you have made twenty-five backward swings with the right foot. Now repeat the same number of times with the left foot. Have the lower part of the leg hang loosely.

NO. FIVE. Stand erect, throw the right leg out sideways as high as possible, ten times. Now fill the lungs and throw out the left in the same manner ten times. Keep the foot turned forward, not up.

NO. SIX. Stand erect with the feet eighteen inches apart. Now while keeping the head and feet still, swing the hips to the right and then to the left as far as possible, making twenty-five swings.

NO. SEVEN. Stand erect, throw the right knee up till it strikes the chest. Now throw up the left in the same manner. Repeat fifty times.

✕ NO. EIGHT. Stand erect and hook the thumbs together as high above the head as possible. Now bend forward and touch the floor without bending the knees. Repeat twenty times. Recommended for lumbago, constipation, back and kidney trouble.

NO. NINE. Stand erect and bring the backs of the hands up under the chin with the arms on a level with the shoulders. Now extend the hands out in front of you as far as you can reach. Now swing them around straight from the sides, raise the shoulders high and touch the backs of the hands above the head. Repeat four times.

✕ NO. TEN. Stand erect and raise on the toes, and while resting on the toes sit down on the heels. Keep the head up and the body straight, while you repeat six times.



+ NO. ELEVEN. Stand erect and stretch the arms out straight from the sides. Spread the feet apart fifteen inches. Now while you keep the head and the feet still, swing the arms so as to turn the body around enough to bring the shoulders alternately under the chin. Make ten swings in the beginning without stopping, and increase a few swings daily till you are able to swing twenty-five times.

NO. TWELVE. Stand erect and raise the arm till the top thereof touches the ear. Now with the other, reach down on the leg somewhat below the knee. Repeat with the left arm in the same position. Reach five times with each hand before stopping.

x NO. THIRTEEN. Stand erect and clasp both hands behind the head. Now bend forward as far as you can without bending the knees. Repeat five times. Good for constipation, lumbago and rheumatism.

NO. FOURTEEN. Stand erect and raise the arms till on a level with the shoulders and out from the sides. Now turn the hands backwards as far as possible, and while so turned, stretch the arms out with all your might. Repeat three times. Then turn them forward and repeat three times.

NO. FIFTEEN. Stand erect and fill the lungs very full. Now clasp the hands over the lower part of the abdomen just above the pelvic bone, and bend forward as far as you can five times. Inhale as you go down.

+ NO. SIXTEEN. Stand erect and step out with the right foot a fairly good step. Now raise on the toes and in that position go down till the left knee comes within four inches of the floor. Repeat three times. Now step out with the left foot and repeat in the same manner three times. Ladies with large hips may reduce them in a very short time by increasing this movement to twenty or thirty times.

NO. SEVENTEEN. Stand erect and fill the lungs. Place the tips of the fingers and thumb of one hand against the tips of the fingers and thumb of the other hand. Now while pressing very, very hard on the fingers, bring the elbows together without touching the palms of the hands. Repeat four times.

NO. EIGHTEEN. Stand erect. Swing the arm around backwards and close to the head five times. Repeat with the left. Then swing each around forward five times.

NO. NINETEEN. Stand erect. Fill the lungs very full. Now bring the hands up by your sides on a straight line with the elbows and close the fists firmly. Now pull the hands and arms back as far as you can, and when back, throw the chest forward vigorously. Repeat four times. A fine bust and chest developer.

NO. TWENTY. Any boxing, bag-punching or sparring exercise is very good if taken moderately and not too long. Ball-playing and running slowly is also good for men if not carried to extremes. Sawing wood is not bad.

Always work on your culture till you are a little warm. These movements or a part of them should be taken every night and morning. If you are perspiring when through, always rub down with a rough towel. Take your exercises in a draught of air if possible. If you are very weak, sit down and rest between the actions. Bear in mind that when you feel the worst is the time when you need training the most. Many a case of blues may be driven away with ten minutes of vigorous exercise and breathing. Should a muscle get sore, work it oftener and all the more till the soreness is gone. Rheumatism may always be prevented by giving the sore muscles frequent and strong work on the first appearances of soreness or stiffness. No medicine ever cured rheumatism. If you are not strong enough to take all these exercises in the start, take some of them, say one or two of each. If you are not able to get out of bed,

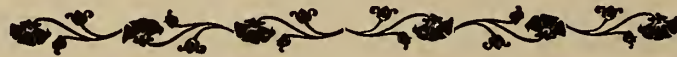
begin by clutching two round sticks as you lie in bed. Then work the arms and shoulders. Occasionally the legs and feet. You will be surprised to see how soon you will be able to get up and walk. Increase the number of movements taken till you are strong and vigorous, and then take about so many every night and morning as long as you live. Never take a movement too suddenly or with a jerk in the start, or you will tear the muscles and make you sore. After you have got a muscle to working well, you may work it as hard and as fast as you choose, for a limited time, but don't tire it too much. Should a muscle become sore or should you have a sprained joint, a cold, wet compress applied all night is the best thing in the world for it. Apply every night till it disappears. Liniments are of little value in such cases. The good done by rubbing with them, is usually done with the magnetism of the hand which does the rubbing, not by the liniment.

All of these movements need not necessarily be taken at a time, though I advise taking them all once a day by taking part in the morning and the rest in the evening, so as to work all the muscles of the body at least once a day. But if you are training for health, I mean for the recovery of your health, I would advise you to take a plenty of this work twice a day, and some between times, as you can.

If you are hurried in the morning, you can soon learn to take movements numbered one, three, four, five, six and seven, while you are taking your bath. This will take but a little practice and will save you about one-half your time.

Again, if you are very much crowded for time, don't fail to take some of this work. The best ones to take if you can take but a few, are Nos. eight, ten, eleven and thirteen. These with what you will be able to take while bathing, will suffice for the time, but don't get in the habit of doing your work in this hurried manner.

Never omit your morning bath, as herein directed, if you can avoid it. It is of far more value to you than your breakfast, which you will so hurry to get at. In warm weather, or when you perspire much during the day, it is an excellent idea to take it at night also. These rules are not written for lazy people and fools, but for those who have intelligence enough to think health worth something, and who would rather become and remain robust, healthy and happy citizens, than to be as most people are, a walking arsenal of dyspeptic misery and woe. Don't make any mistake about the value of these remedies. They will cure any curable disease. And not only that, they will keep you well when cured, and without medicine.





## Chapter V.

### THE USE OF LEMONS AND FRESH FRUIT.



SOON as you are dressed, take the juice of half a lemon in ten times as much water, either hot or cold as you like it. Use no sugar in the lemon taken in the morning. Lemonade may be taken during the day if you like it. In case you are bilious the juice of a whole lemon, or even two of them may be taken in the same manner just before you retire. Should you mention this lemon question to your doctor you will probably notice that he will turn green, his hair will all turn forward like the bristles on an enraged cat, one eye will turn up and the other down, his spinal column will contort into the shape of a new moon, and he will appear to be effected like a camp meeting deacon with the jim jams. Then with a superlative dignity characteristic of people who don't know what they are talking about, he will proceed to tell you that lemons will make you both poor and fat at the same time. That they will ruin your teeth and destroy your stomach. That it will thicken and thin your blood, curl your hair and produce corns.

Don't you believe a word which this fellow says about lemons. All he knows about them is that they will antidote any kind of poison in the system. Hence, they will kill the effects of his rank poisons which he asks you to take, and it is beneath the scientific dignity of these lords of calomel and jalap to give out any information which will shorten their bills. The writer has taken a whole lemon every morn-



ing and often two of them of an evening for the last fifteen years, and he still lives to tell the tale along with thousands of his patients who have done the same thing for years.

In cases of blood poisoning, I have given as high as a hundred and twenty-five lemons in thirty days, where I have cured the worst cases of blood poisoning caused by their boasted vaccination of rotten puss into a healthy person. Statistics show that there are over five hundred thousand cases of lemons used in our country every day in the year. This shows that they are dangerous. Lemons will prevent ossification of the muscles and liming of the bones. These two things are what make us grow old. They are a positive antidote for all diseases of the blood and every form of scrobutic trouble. In fevers, they are now being used by the most eminent medical men of the world. A good sized lemon has as much nourishment in it as a quarter of a pound of beefsteak. They are easily digested and when taken in the morning will cut all the debris out of the stomach.

### Fat People

will do well to observe the following rule: Notice that in the morning you have little appetite for your breakfast. We feed and stuff pigs and geese when we want to make them fat. Are you not stuffing yourself in the morning when your stomach has no desire for food. Try this. After taking your bath, your exercises and your lemon, drink a good quantity of hot water and then go without any breakfast. Don't say that you can't, for I know that you can. If during the forenoon you get hungry, eat an apple or a little other fruit. It is well to take two table-spoons full of good vinegar in half a glass of water twice a week. A variety of acids is needed in the system. For sour stomachs, nothing is better. Eat fresh fruit several times a day, when you can get it, and see that you don't go too long without it.

X A table-spoon full of common wheat bran taken twice a day, will make the bowels move every day in the year. If not, take more.

### Throat Trouble

may be treated with the neck exercise, given in the chapter on physical culture. Magnetizing the entire neck and treating downward from the head and chin onto the shoulders.

### Blood Disease

of any character, except syphilis, may be permanently cured and all scrobutic eruptions on the surface of the face and body prevented by eating plenty of fruit and taking the lemon as prescribed in chapter on physical culture. I have cured some of the worst forms of blood poisoning by the use of lemon juice taken in large quantities and as frequently as the patient relishes it. All eruptions of this character which appear continuously on the skin are caused by poverty of the blood. No medicine has ever been known to even palliate, let alone cure such trouble. On the other hand, plenty of lemon, fresh fruits, good vinegar and water and bathing once a week in soap and warm water and daily in cold water as directed in physical culture, will always work a cure.

### Biliousness

may be helped, in fact, prevented, by rubbing the chest and abdomen downward from the neck to the legs with the flat hands quite hard for five minutes, morning and evening.

### Ulcerated Teeth

may be helped by forcing a tooth-pick through the gum of the tooth affected and sucking the blood out three or four times a day, till the pain is gone. In fact, the ulceration may be prevented by this means if taken in time.

### Digestion

may be helped by holding the warm hand on the stomach, drinking warm water, taking fresh fruit or vinegar and water.

### **Eating.**

As a rule, let your patient eat whatsoever he desires, and eat when he wants it, not when someone else is hungry. He must eat slowly, masticate food well, must not eat too much and drink no drink while eating, as that prevents mixing the saliva with the food.

### **Bilious People,**

you will find, as a rule, have very small stomachs. The cause of their biliousness is that when hungry they eat more than a small stomach can handle and digest. Avoid this by eating as many as six or seven times a day. Eat at any time when the stomach is craving anything. This craving is what causes people to drink liquor and use tobacco. Only a little need be taken between the regular meals, just enough to keep the stomach at work.

### **Fasting is a Fraud.**

There was never a more arrant humbug and fraud perpetrated upon the world than the theory of fasting, which has been taught by the church and the medical doctors. It has been the cause of more stomach disease than all other things combined. The stomach, as a matter of fact, needs no more rest than does the heart or the hair. As soon as the stomach is entirely empty, the gastric juices turn into a poisonous acid and begin to digest the coats of the stomach. Think of pouring poisonous medicine into such a stomach. Doesn't it make you weary to contemplate such stupidity?

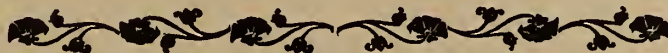
### **Conclusion.**

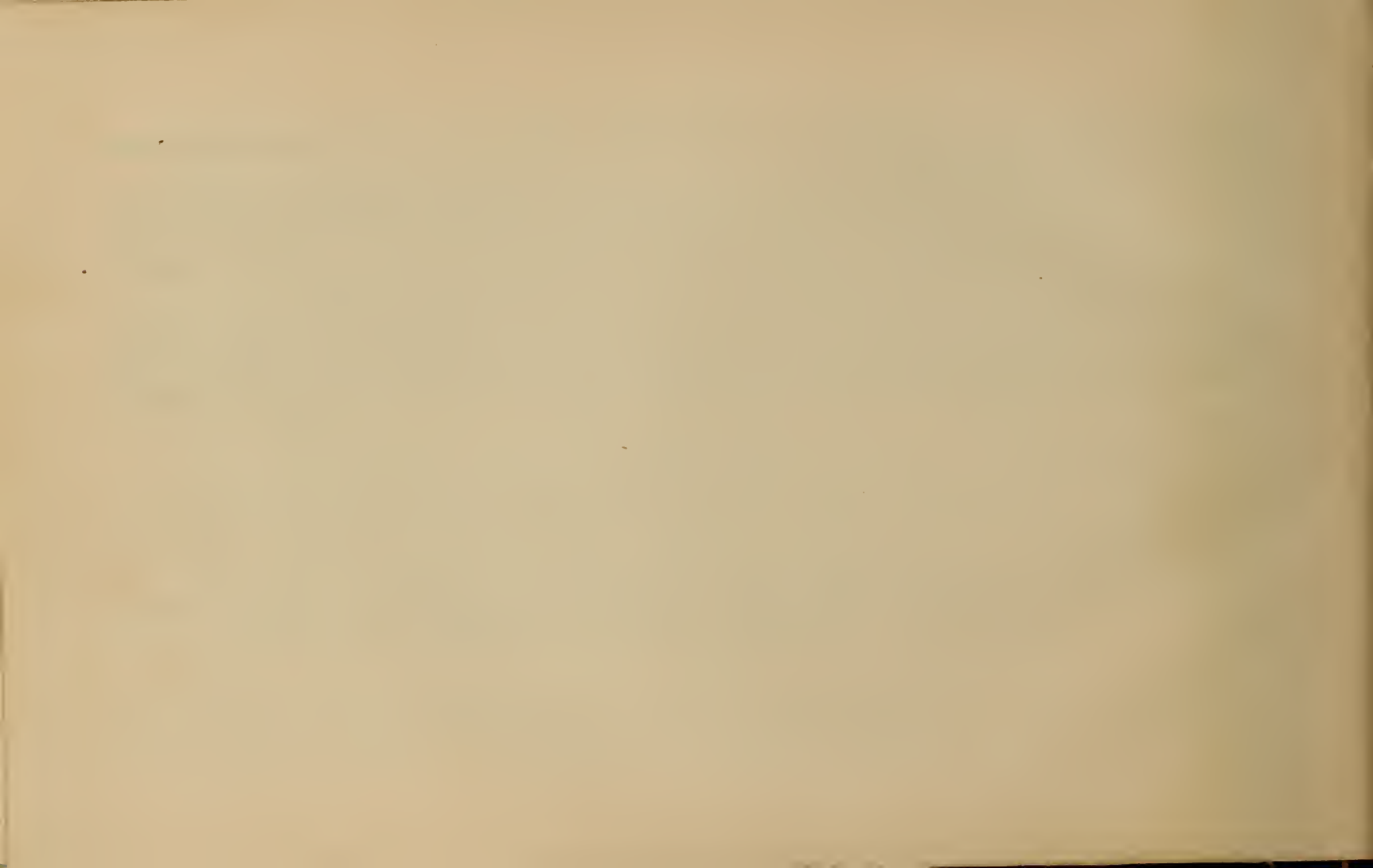
While I have not attempted to describe a tenth of the troubles which one may successfully treat with magnetism, I have endeavored to outline the general methods which may be adopted in most cases requiring attention. In this connection, there are a few things to be borne in mind in all treatments.

Where there is pain there is congestion of the blood. This condition will yield to magnetizing quicker than to any other remedy on earth.

As the solar plexus, or nerve center can be easily reached, it is always prudent to see that you are thoroughly in rapport at the beginning of the treatment, because you will thus reach the entire circuit with your magnetic force simultaneously. As there is always a nervous derangement preceeding every pain or ailment, to restore nervous equilibrium is an important step and the first one to be taken.

Don't be afraid that your patient will sleep too much. Sleep is the only channel through which we recuperate exhausted forces. Sleep for a sick person is a most wholesome remedy. Let the patient sleep all the time if he will and don't awaken him for the purpose of treatment or anything else, if he but sleeps well.







## Chapter VII.

### HYPNOTISM.



#### Introduction.



TRUE knowledge concerning the subject of so-called hypnotism is most lamentably weak. While the literature of the country abounds with books devoted to teaching "Hypnotism," "How to Hypnotize," "The Science of Hypnotism," etc., etc., I want to say to you right in the start, nobody knows much, if anything about it, more than was known two hundred years ago. The boasting pretense of a few medical doctors, that they have "reduced hypnotism to a science," or that they have even discovered one single important fact connected therewith which was not known to cross-road magnetic healers hundreds, if not thousands of years ago, is the veriest rot and a glaring, false pretense. The only discovery which medical doctors can properly be credited with making in connection with the subject, or which in any way relates to the same is, that they discovered, or rather concocted, a crafty and most scoundrelly contrived scheme through which they calculated to steal the patient researches and labors of the old magnetizers and imprison every one who attempted to practice the art of healing through the methods which had been centuries ago discovered.

It is a well authenticated historical fact that medical doctors as a school have for hundreds of years denounced magnetism as a fraud, and denied its existence in toto. They made life unbearable for the great Gasner, Greatrakes, Mesmer and others who cured hundreds of thousands of sufferers by this method, and even caused the great Mesmer to be driven from his home and country by a howling mob of their hirelings, because he had cured a blind girl whom their mock science had declared incurable. Yet, notwithstanding, the millions of dollars which they have spent in bribing legislatures to enact laws for the persecution of magnetizers, and the pusillanimous rascality to which they have openly resorted with a view of destroying the science of magnetism, there have sprung up in every civilized country on the face of the globe, large hospitals, schools, sanitariums and other institutions, where millions have been cured by this grandest curative agent known to the world.

### Here Then is Their Great Discovery.

First, they discovered that in spite of their calumny, vituperation and abuse, magnetism was deservedly becoming more and more popular, and that thousands of victims of the old drug delusion were being cured by it after medical guess-work had proven a flat and insipid failure.

Their associations being principally with the dead, they quite naturally turned to a dead language for a suitable shroud with which to clothe their perfidy. They had learned that one stage of the magnetic condition is sleep, and being incapable of assimilating more than one idea at a time, they quite naturally concluded that they had acquired a complete knowledge in about three minutes, of what had engrossed the attention of sages and philosophers for centuries. They said, "Why, of course, magnetism is just plain, cheap, common, unadulterated sleep, that's all." Then in browsing around in a dead language, they discovered the Greek word "hypnos," which means sleep, and they forthwith coined the new word,

"hypnotism." Of course, they didn't know that this profound sleep is rarely used in treating disease, nor that it represented not a hundredth part of the process which is known as magnetizing. But they thought they had stolen something and a large part of that profession went wild over the assumption that so much knowledge could be acquired simply by baptizing an old science with a new word which was already dead. Then there came forth from obscurity a thousand pin-feathered scientists, who fairly besmeared the country with their wild, ill-contrived, illogical and ill-founded vaporings about "The New Science," "The Dangers of Hypnotism," quoting over and over again their so-called new discoveries (a thousand years old) which their profound acumen had discovered.

A few of the more cunning ones, knowing that their profession would be easily duped by the veriest clap-trap, if palmed off over the signature of "M. D.," set about founding schools and colleges for the education of their more benighted brethren, in the new baptism of an old science with impudence. These schools, judged from a medical standpoint, were grossly scientific, because they disagreed on every important fact connected with the subject. One taught the doctrine of operating by physical means, the other denied its value. One proclaimed hypnotism to be a very dangerous operation which should be confined to medical men who had always denied its existence, while the others asserted that it was perfectly harmless even in the hands of medical guessors. One asserts that the sleep (in which one may have an arm cut off without any knowledge of the operation), "is very similar to natural sleep." This the others deny. One maintains that only hysterical persons are good subjects, while the others deny it. One group has succeeded in having laws passed prohibiting the hypnotizing of idiots and fools, when the veriest tyros at magnetism know that such persons cannot be hypnotized at all. One teaches that if you cannot hypnotize by such and such a process, that your subject is not a good one. The others maintain, and with much truth, that the reason of your failure is because you don't know your business. One sect maintains stoutly



for the fluidic theory. The others deny it. This, when boiled down and taken in small doses constitutes the medical science of what they don't know about a science which is clear to many others.

One scientific and very Frenchy coterie of these bunglers recently announced the discovery that thieves, harlots, drunkards and criminals in general, could be reformed by suggestion, that is putting a man to sleep and telling him to be good, and in order to give his discovery a medical odor, he nick-named it "Suggestive Therapeutics." The more impudent and ignorant of the profession declare to this day that the profession has always used it in their practice as a curative agent.

On the announcement of the theory that they could talk a sick man well, and thereby let him live long enough to pay his doctors' bill, there arose a vast army of hopeless mistakes in that profession, who forthwith went to starting colleges all over this country for the avowed purpose of inflicting their limited knowledge upon the public for any old price, ranging from five dollars up to all the victim would stand. This astounding knowledge of how to operate a human talking machine against the ravages of disease may, if one is not financially able to walk to the place of learning, be had in typewritten chunks by mail, accompanied with a gaudy diploma painted on coon skin, which certifies in advance of your having studied the vague and dismal literature for which you have paid, that you are a full-fledged graduate of the celebrated college of Dr. Skinnem and duly qualified and endowed as a special healer.

After reading the diploma thus suddenly thrust upon you, and a vain endeavor to find anything of value in the typewritten science (?) which has been sent you, you are presumed to be qualified to heal anything from bots down to warts, and ready to send your money to a similar concern for another dose.

Philo and Mosheim, the historians, tell us of a numerous sect which existed long prior to Christ who cured all manner of disease through the influence of the mind upon the body. They were called

"Therapeutia," hence the words "therapeutics" and "suggestive therapeutics." You see that it is a new discovery.

The American gentlemen who are teaching this suggestive treatment for the reform of criminals, seem not to have discovered that the Parisian grafters have abandoned the scheme long ago, and that it has been buried with Koch's lymph and the bleeding craze, with which so many gullible people once were deluded. It is true that I can make my hypnotized subject believe that he is well when he is sick. Also that he can be made to believe that salt is sugar. But will he continue to think that salt is sugar during the rest of his life? Or should he continue to think so, would it alter the fact that salt is not sugar? If not, why should he continue to think himself well when he is sick? Is there any probability that the suggestion will hold in his mind any longer than any other hypnotic suggestion?

There is a valid reason for his accepting your suggestion when in the sleep, and even continuing to harbor that delusion, and actually lie about his condition for a short time after he has awakened. In his sleep, his upper consciousness is held in abeyance and you are dealing with his secondary or subliminal self. This lower mind may be made to believe for the time being, almost any suggestion of the operator, no matter however difficult or absurd. But should I make my subject believe that he is a dog, which is not a difficult thing to do, it does not logically follow that he will either be one, nor even think himself to be one when he again acquires the use of his objective mind. Understand, that I am not denying that there is such a thing as suggestion, for it is as old as the pyramids, nor do I claim that it is without value in the treatment of some forms of disease, but I do deny its staying powers, if I may so express it, and I deny the power of either the objective or the subjective mind to retain a suggestion, be the subject either sick or well, any longer than during the time that is needed to carry out the post-hypnotic order of the



operator or till it be replaced by other suggestions. Suggestion, then, occupies but a limited field in the treatment of disease and only arises to the dignity of an auxiliary when in wise hands and the most favorable conditions are present for its use.

Another branch of this subject which has of late been brought into disrepute through quacks and ignoramuses, is so-called "absent treatments," or treating at a distance. Magnetizers knew hundreds of years ago that after rapport was established between operator and patient, the patient could be influenced at a distance by the will of the operator. But no reputable magnetizer ever pretended, as is now being done by certain so-called "Professors," that anyone could so treat before rapport was established, or that any living person had the power to give three to five hundred treatments per day at five dollars a month as certain of these frauds advertise they are doing at this time. Let me tell you that all the good which you get from these so-called treatments (which are not given) you can get yourself at home under my instructions and without further cost than the expense of simply thinking that you are being treated.

### The Value of Hypnotism.

Before proceeding to present my methods of hypnotizing, a word with reference to its proper use may not be amiss.

Thirty-three years' experience in the use of hypnotism has convinced me that as a cure for disease of any character, it is when taken alone of no practical value whatever. As a means of preventing a realization of pain by a patient in extreme cases, such as occur during a surgical operation, or the extraction of teeth, I know of no better. It is a thousand times better than drugs. Mesmerizing people for amusement, or for the edification of others should not be countenanced. And putting subjects to sleep in stage performances, to be placed on exhibition in store windows and other public places, should be pro-

hibited by law. For the development of clairvoyance, there is nothing which excels it if it be wisely used and the conditions are favorable. Yet, I regard the cultivation of clairvoyance in one who is not naturally sensitive, as a most dangerous thing to do, for the reason that if persisted in, it will in time absolutely ruin the mind of the subject thus operated upon. Most, if not all of the remarkable mediums like Home, Foster and others of like note, have died in insane asylums.

The mesmeric sleep, described in chapter on magnetism, is invigorating, restful and refreshing, both to the mind and the nerves. On the contrary, the sleep now designated as "hypnotic," which may be produced by shocks, gazing, or otherwise deranging or fatiguing the nerves, and which may be terminated in rigidity or catalepsy, produces just the opposite effect, unless the sleep is induced by persons of wide experience and conducted in the most painstaking manner.

Not one in ten thousand can be hypnotized against his or her will, until after they have been operated upon many times. An idiot or a fool cannot be hypnotized at all. The strongest minded persons are as a rule, the best subjects, because they are mentally capable of concentration and going into abstraction. People with receding foreheads are as a rule, rebellious subjects. Anybody can be hypnotized if the operator understands his business, takes time enough, and the conditions are favorable. No subject can be induced to commit a crime while in this condition without a vast deal of suggestion and repeated subjection, unless they are criminals by nature. A man shows his true nature when in that condition, the same as he does when drunk. Southern people are more susceptible than those of a northern climate. Children are more susceptible than adults.

Subjects should never be cut, bruised, or pricked with pins while in this condition. Never allow anyone to touch your subject while the condition lasts, and never attempt to awaken them by shocks, or

throwing cold water on them. Persons who are under the influence of liquor are hard to control. Never make, nor allow anyone else to make an immoral suggestion to your patient while he or she is asleep.

And finally, I would advise you in all seriousness to never hypnotize anyone beyond the magnetic sleep, described in chapter on magnetism, unless it should become absolutely necessary. Not that I regard it as so very dangerous, but doctors will take this as a cue to scare people and hurt your business as a magnetizer by making people believe it to be so, who are ignorant of the subject. They have busied themselves in promulgating "the danger" racket for years for this very purpose.

### How to Hypnotize.

Have the room quiet and allow no one to talk while you are operating. Seat your patient in a comfortable, high-backed chair if possible. Never express a doubt as to your ability to perform the feat. If he will not willingly submit to the operation, and agree to act in harmony with your instructions, don't spend any time with him. His consent is of the utmost importance, unless you propose to hypnotize him by the "instantaneous" process, which may be easily done if he be of a high, sensitive or very nervous temperament. Assure him in the very start that neither the operation nor its effects are in any respect dangerous. Have him breathe deeply for five minutes before the beginning of the work, and continue to do so during the time which you require him to gaze. While he is thus breathing and during the first five minutes of the same, have him go into abstraction (that is, get everything out of his mind, think of nothing, and relax as much as possible.)

### First Method.

Rest his head slightly backward against the back of the chair, and press quite firmly with the ball of your thumb against his forehead slightly above the top of his nose, for five minutes. Have him in the



meantime gaze steadily into your eyes. Now close his eyes with the tips of your fingers and as you tell him to go to sleep, sleep, sleep, make a dozen or more light passes with the tips of the fingers of both your hands from the top of the forehead down a little below the end of the nose. Alternate the pressure, the passes and the suggestion till he is well asleep. It is not often necessary in this method to even speak to your subject in order to secure a profound sleep. Should you fail, do not try again within twelve hours. It requires many sittings with some patients before they are subjected.

### Second Method.

Seat him, and have him breathe and go into abstraction, as in method "One." Now take his left hand in your right, and his right hand in your left, so that the ball of your thumb will press quite hard against the center of his palm. Have your knees in contact with his. Hold him for five minutes in this position so as to get fully in rapport with him. Have him gaze into your eyes in the meantime. Now drop his hands, close his eyes as before and as you in a firm voice say "go to sleep, you are going to sleep," make the passes as in method "One."

### Third Method.

Seat him and have him breathe and go into abstraction as in method "One." Continue him in this preparatory work for at least ten minutes. Have the eyes closed all the time. When he has become thoroughly relaxed, say, "your eyes are closed; you are becoming drowsy; you are going to sleep; sleep is just coming on; you are sleeping now; your sleep is becoming more profound; you are now in a sound sleep; you can hear nothing except what I say to you; you cannot feel pain or anything else; you sleep well." In giving these suggestions, your voice should be clear but firm, yet soft and as melodious as possible. Most sensitives yield to this method in a few sittings.

#### Fourth or Instantaneous Method.

Take your subject unawares. Give him no intimation of your intention or design till you are ready to operate. Approach him suddenly and in a loud and commanding voice say: "I am going to hypnotize you; I shall put you to sleep; close your eyes; you can't resist; you can't open your eyes; you are sleeping now." Make a dozen or more of the downward passes as before and continue the work for three to five minutes, finishing with, "you sleep well; I have you sound asleep." This process will work with many high sensitives where it is otherwise difficult to get attention long enough to operate by other processes.

#### Fifth Method.

Seat your subject and have him breathe and go into abstraction as before. Fix a small mirror or other bright object six inches in front, and at an angle of about forty degrees above his eyes. Let him continue the breathing while he gazes continually at the object for five or ten minutes. Then suddenly close his eyes and make the passes and suggestions for two minutes as before. Any person who is capable of going into abstraction may in a few sittings be able to hypnotize themselves by this process alone. Care should be taken, however, to fix the mind strongly on a certain time for waking out of the sleep. Remember this.

#### Sixth and Sundry Methods.

Children and other sensitives may be hypnotized by gazing for a few minutes intently into a crystal or into a small pool of ink held in the hand of the operator. This is the oldest system in the world, having been practiced as long as six thousand years ago. Some require the passes, closing the eyes and the suggestion along with the gazing. Persons with highly sensitive auditory centers may be easily controlled



by loud, sudden and unusual noises, or shocks, or by low, monotonous tones which soothe the nervous system. Those with highly sensitive olfactory centers may be endormed by the inhalation of certain odors, to a profound sleep, from which it is often difficult to awaken them. In some cases, the revolving mirrors or hypnoscope when set in motion and gazed at, will produce a profound condition sooner than any other process, and without the least suggestion or the passes. Some are more easily controlled by gazing downward than by gazing upward. You may illustrate this influence on yourself by holding your book much below the natural range of the eyes while you read for some minutes.

Any method which you may adopt may require repeated trials before you are able to locate the subject's sensitive or hypnogenic zone. When once you have located that, there will be little if any difficulty in getting an effect by using the process which most strongly effects these centers.

Many are easily hypnotized to a profound condition by simply pressing hard with a downward pull, with both hands flat on the skull just over the eyes (both at one time) till the fingers reach the edge, and then following down over the eyes and face to a line opposite the corners of the mouth with very light passes, continuing the work for ten to fifteen minutes without any oral or mental suggestion.


Some may be controlled by one process, while others who are equally sensitive will require another. Frequent experimenting will eventually determine the operation best adapted to the particular patient. There are many other processes which might be given, yet one may always be selected from the ones above given, which will accomplish the desired effect in any case. Don't be too anxious, nor in too much haste. Remember that the greatest living operator has frequently to sit as many as eighty-five times before he can control his subject. Most subjects may be controlled in from one to six sittings. "If at first you don't succeed, try, try again" till you do. Don't keep your subject asleep too long, nor mesmerize him too often. Always awaken him thoroughly by making reverse passes from the chin to the forehead and commanding him in a firm voice to "awake" or "wake up."

1870

## Chapter VI.

### MAGNETIC HEALING.

#### Suggestions.

 NEVER treat a patient before eating your breakfast, nor while your stomach is empty. The faith of other people cuts no figure whatever in your work of healing. Those who have no faith in you will change their opinions after they have seen your work. Faith in yourself, with honest work, is all that is needed. If you have fears about helping your patient, keep them to yourself. A verbal expression of them will only make your work the harder. It is better to treat your patient alone, than in the presence of onlookers. Those who remain in the room should be required to remain silent. Have your patient wear as little clothing as possible during his treatment and always treat on the bare skin if possible. Cleanliness is all important. Keep your clothing, finger nails and your person scrupulously neat, and require that your patient have baths, clean bedding and good ventilation at all times.

#### Make Magnetism

by breathing deeply while you work. Keep yourself in a positive condition mentally and physically, during your treatment. Never allow yourself to relax while your hands are on a patient. Always use some

pressure, even while holding the hands still in magnetizing. A strict observance of this will prevent your taking on the ailment of your patient, and the work and deep breathing will in all cases make magnetic force as fast as it is used.

Should there be a fool or two around the bed, as there sometimes is, who argues that "there is nothing in magnetism, that they have never heard of it and don't believe in it," don't let it worry you in the least. Remember that such people read nothing but almanacs and circus bills, and when they encounter a scientific fact like magnetism, it produces so much wind on their stomachs, that if they were not allowed to talk, they would die. Just notice after you have helped your patient, what a wonderful man they will think you to be.

Headaches or neuralgia may be treated while the patient is sitting. In all other cases, it is better to have him dressed in a loose robe or wrapper and laid on a bed as close to the edge as possible to save you reaching too far in your work.

### What is Magnetism ?

It is the vital warmth and psychic force which every living organism generates, and is capable of transmitting to another. The magnetic hand is one that is well supplied with blood, well fed by the normal currents of the muscles and nerves; the hand that is healthy and transpires in a normal way, and is perfectly equilibrated in the sum of its molecular vibrations. It is a positive fact, that such a hand can communicate its tone to a diseased part; can by induction, revive a slow molecular motion and restore equilibrium where it is disturbed. The application of such a hand to a pain or diseased part in a proper manner is what is called magnetising that part and is to be so understood in these lectures. Persons in poor health are not magnetic, and should never treat anyone. Hard rubbing is not required, except in the long rubs



downward. After getting rapport, you can get fine results by very light passes with the tips of your fingers. Cultivate a very light touch.

### Facts.

Reliable history shows that magnetism is as old as the world and has been used as a curative agent since the dawn of civilization. Through its use more marvelous cures have been made than by all other methods combined. Medical gentlemen of the eminence of Buchanan, Townsend, Briggs, Underhill, Charcot, and scores of others have declared it to be the most marvelous remedy known to mankind. Large hospitals devoted to magnetic healing, are now to be found in every civilized country on the face of the globe. The literature of the last six thousand years abounds with mention of millions of the most marvelous cures made with it, and the curing by "laying on of hands" is mentioned not less than fifty times in the Jewish bible. Gasner, Greatrakes, Mesmer, De Luze and others performed cures in hundreds of thousands of cases, through magnetism.

In the face of these facts, don't you think it a little remarkable that we have in Colorado to-day nearly seven hundred medical doctors who make their living by pouring poison down our throats, who deny the existence of magnetism and declare they are "skeptical" about it?

The fact is merely mentioned to show you how long some people can remain in ignorance when it pays to do so. Then, again, it must be remembered that these medical men have been put through a fossilizing process in a medical school where two-thirds of their time was spent in studying the effects of rank poison on the human system, and the other third in guessing how to keep a man sick the longest and charge his estate the most for killing him. You take a harmless young man who perhaps hadn't the natural ability requisite to make a fairly good shoemaker or a laundryman, and shut him up within the



gloomy walls of a medical school, where nothing better than the science of poisoning with calomel is taught, and after a two years' course of mind-poisoning, one would hardly expect him to be able to encounter an original idea without fainting. These fellows are not "skeptical" at all. They are densely and hopelessly ignorant. And in the face of their boasted skepticism, the ablest medical men of the world, the best scientists, the leading college professors in the medical schools, have repeatedly declared that "the diagnosis of disease is pure guess-work," and that "medicine has killed more people than war, famine and pestilence combined." All medicines of every name and nature are rank poisons. The reason why they operate, is because nature forces the system to throw them out.

All disease is caused by poison in the system. Doctors pretend to cure by putting in some more and worse poison. If the patient has vitality enough to stand the dose and eliminate the poisons, the medical guesser roars: "Behold my scientific cure." If they succeed in killing him, as has been done in millions of cases, then they look wise as toads and exclaim with a great deal of unction: "The Lord giveth, and the Lord taketh away," but they never tell us what effect the poison had, because they don't know, and care less.

It is said that a celebrated medical lecturer once wound up his lecture to a medical class with the following proverb: "Bully for a science whose blundering can be covered up with a gravestone."

If you purpose making a success of your business of healing, I would earnestly urge you to have nothing whatever to do with the medical doctors. When you are called to treat a case, insist that no medicine of any kind be given to your patient while he is under your charge. The more medicine he takes, the harder will be your work, and should the patient recover, the medical doctor will steal all the glory by claiming that his poison has done the work. It is not a matter of the least importance what doctors may think of your business. In the first place, they don't know anything about it, and are there-

fore incompetent to judge of its value. You should remember that they have always fought every new and valuable discovery, including hydropathy, electricity, the Tomsonian system, homeopathy, osteopathy, and even mobbed Harvey for divining the circulation of the blood. All the medicines now used by them which they regard as of any value, have been discovered by the common people, and they have been forced by public sentiment to use them.

The so-called discoveries of what is facetiously termed medical science, consist of such glaring humbugs as the bleeding craze, cod-liver oil, Koch's lymph, the blistering craze, the inhalation craze, the system of blood-poisoning by vaccination, murdering by vivisection, freezing invalids, starving sick people, and guessing how much poison a sick man could take without being killed. No man of any eminence in their profession has for a thousand years made the least claim that either the practice of medicine or the diagnosis of disease are a science. On the contrary, all men of any prominence among them have admitted that their whole system is founded in empiricism, guess-work and impudence and a downright fraud upon the sick. If there is any virtue in medicine, why is it that the best and most humane medical men give the least medicine and frankly admit that "medicine never cured anybody?"

Don't pay any attention to their bluffing medical laws, which they bribe corrupt stinkers to pass for the purpose of bluffing you out of the business. You can legally practice all that is taught in this system in spite of any law that can be made.

When they urge that they don't believe in magnetism, tell them that they don't believe in their own system, have no confidence in it, dare not take their own stuff, and always go to someone else for treatment. You can safely bet any doctor to a stand-still that you can cure any pain quicker than he can write one of his bogus prescriptions and get the vile stuff which he deals out to invalids to make them worse.

## A Word About Passes.

The fact that you cannot see the influence of magnetic passes renders them none the less valuable. After you have magnetized the location of the difficulty and gotten the blood to circulating through the proper circuit, the light dispersive passes are of far more value than any other work. There is an emanation which passes from the hand which permeates the entire body. There are millions of people who can see it if you can not. This force reaches the deranged centers upon which it is directed and with a life-giving force, restores the equilibrium in a manner which can not be done in any other manner. With these light and soothing passes you may stupefy a muscle and its nerves in a few minutes so that all realization of pain will have disappeared.

Persons when dying in the most excruciating agony, may be put into a profound sleep with these passes and the patient will die without the movement of a muscle or a sense of pain, no matter how intense the suffering may be. I have thus quieted cancer patients when it was taking five people to hold them in bed and seen them die in a sound sleep without a struggle.

When a doctor tells you that he doesn't believe in magnetism, always look upon him with suspicion or contempt. Also notice that when he has headache, toothache, pain in the stomach, neuralgia or other pain, that he will always have his hand on the part affected and more than likely will be rubbing it. Why does he do this? Why doesn't he rub up against the fence or the corner of the house? Why doesn't he slap on some of his poison or dope himself as he does others? Simply because his instinctive judgment is worth a thousand times more than his boasted skepticism and his medical learning combined. The magnetism of the healthy hand is worth more as a quick and permanent cure for pain than all the medicine in the world.



The whole medical system is a fraud. It is ridiculous and is founded on false pretenses, ignorance and dishonesty. The longer a doctor can keep you sick, the larger his bill. When you are cured he loses his job. Nature never intended that we should be sick a day. What is needed most in these times is instructions how to live, not how to keep sick, take medicine and pay doctors' bills. You can give your children nothing so good as a robust constitution. The system of training herein directed will insure them all that is needed, if faithfully followed and made a part of their every day education. Teach them the laws of health, cleanliness, exercise and temperance while they are young, and they will not depart therefrom. When through a false education a man gets a notion that a long, black bottle of dirty drugs done up in a Latin prescription, which he can't read, is better than God's pure air and sunshine, it is time he was set upon as dangerous and killed before he succeeds in populating the earth with any more of his depraved and diseased progeny to pester mankind.

Men and women sleep together. So do hogs. Clean animals like sheep, cattle and deer sleep separately. Contact while we sleep and the organism is in a relaxed condition will always impair the magnetism of the weaker one. Children should not be allowed to sleep with grown people under any circumstances.

Marriage is largely a failure because people do not understand the law of magnetic attraction and repulsion. The presence of some people will make you nervous. The vigorous handshake of the healthy, magnetic hand, seems to inspire you with tone. The man with a cold, fishy, froggy, corpse-like hand is never good for what ails you, nor anybody else. Keep away from such people. Never let them touch you. Many of your patients who get up in the morning all out of balance, nervous, tired, cross and more fatigued than when they went to bed, may in most cases be radically improved by requiring them to sleep alone. Make a note of this in cases where all else seems to fail.

Any healthy person has magnetism enough to stop pain or cure disease, and there is nothing so intricate about it that it requires a philosopher to teach it or to treat with it. From a medical standpoint, of course it is not so scientific as calomel, jalap, arsenic, epicac, strychnine or assafoetida, but it cures where other remedies fail, is a natural remedy, leaves no poisonous drugs in the system, requires no drug-stores, Latin prescriptions, nor guess-work, and your experience will teach you that it must eventually supercede all the superstitious clap-trap and medical subterfuge of these times, as a true curative agency when applied by an intelligent person.

### Sex and Relatives.

From the earliest history of magnetism down to the present time, all reputable authors and operators have been of the opinion that the best results in treating are not attained where the operator is of the same sex as the patient. While it is true that in some cases strong and positive persons may treat a weaker and more sensitive one with fairly good results, yet an operator of the opposite sex will invariably get better and more lasting results. Those who are close blood relations will seldom exercise as strong or as soothing an influence as a stranger. Any operator who produces an annoying, irritating or nervous effect upon the patient should not treat him.

### How to Treat Pain.

This operation depends largely on the location of the pain, but we will suppose it to be located in any one of the limbs. Now first hold both hands (with the fingers close together so as to exclude the air) directly over the center of the trouble, long enough to make the part perspire freely. Then knead and massage the muscle slightly, so as to gently force the bad blood out and the fresh blood into the effected part. Then magnetize it again and rub downward from considerably above the pain to the end of the



limb. Knead the muscles cross-wise and length-wise. Roll the limb between your two hands, alternating with the former work till the pain departs. It should not require more than ten minutes to stop the worst kind of a pain. Repeat as often as the pain returns to this or any other part, till it fails to return. You will notice in many cases where the blood is very impure, that the pain when leaving one part will locate at another. This should be followed and treated (not neglecting the original spot) until the pain is completely driven out of the body.

### The Breath.

If you should find that the affected part does not respond to your magnetizing by readily perspiring, it is because the magnetism does not penetrate to the seat of the difficulty. In such cases, or at any time when you are in a hurry to get action, adopt the following method of reaching it: The breath is far more magnetic than the hand and can be made to penetrate to centers where the hand will fail to grant as sudden relief. If the flesh is solid where the pain is located, draw a piece of clean flannel over the spot and while holding it tightly, blow your breath through the cloth as hard as you can for a few times and then proceed with the magnetizing and massage.

### Pain in Other Parts of the Body.

This treatment has more to do with the nerves. The nerve center or solar plexus, where thirteen millions of nerves center in one group, is located at what is called the solar plexus, just at the pit of the stomach. The other important terminal of nerves is on the brain. Commence by holding the right hand (fingers close together) on the pit of the stomach, with the thumb resting on the chest bone so as to prevent pressing too hard on the stomach. Now place the left hand in the same manner on the forehead, pressing quite hard. Hold the hands as indicated till perspiration starts freely under each. This is called

getting in "rapport" with the patient, because your magnetism is thus radiated over his entire nervous system in a very few minutes.

### **If the Pain is in the Stomach or Bowels.**

This rapport, alternated with slight massaging the abdomen down, and rotating from right to left for fifteen minutes, will in most cases do the work. Should the pain return, repeat till it is entirely gone. In extreme cases, an injection of warm water (not more than a tea-cup full) taken once in two hours and kept, will facilitate the work. When perspiration is started, always rub the part dry before operating elsewhere.

### **In Treating Pleurisy.**

Commence with rapport. Then magnetize the pains. Then turn your patient on his stomach and massage the entire length of the spine, gently at first, and work the muscles on each side thereof over the sympathetic nerves for five minutes more and more vigorously. Now turn him on his back and get in rapport again for five minutes, then as you stand up, reach with one hand on either side around to the spine and rub hard from there around onto the stomach or abdomen, working from the arm-pits down to the hips. Give your patient plenty of hot water to drink during treatment in all cases.

### **Treat Pneumonia**

by first getting in rapport. Then magnetize the whole chest so as to make it perspire. If necessary, rub your hands together long enough to make them hot for the purpose. Turn him occasionally on his side, and work the spine as in pleurisy, giving particular attention to the region between the shoulders. Give plenty of hot water to drink. Apply hot, dry compresses of flannel between the treatments, and treat for

at least an hour at a time and repeat six or seven times a day and evening in extreme cases. Pneumonia is caused by congestion of blood in the lungs. The more blood you can get to the surface of the chest and back, especially between the shoulders, the better. If the circulation is very sluggish and your patient fails to respond to the treatment by perspiring, you may excite it in a few minutes by placing the left hand on the forehead and with the right rubbing quite vigorously the neck and base of the brain together for five minutes at a time, alternating with the other treatments. This applies in all cases where you do not get action and response as soon as you desire.

### Painful or Suppressed Mensuration

should be treated by first getting in rapport. Then with the left hand on the solar center proceed to magnetize with the right hand just over the ovaries, first one and then the other, which may be reached on the abdomen just above a line at the top of the hip and a little in from the front of the hip. After working for ten minutes in this manner, pass the left hand under the back at a point nearly at the top of the hips and hold it there closely while you knead and massage the lower part of the abdomen, and from the pelvic bone up to the stomach. Fifteen minutes should be sufficient time in which to get good results. Ladies who are afflicted with this difficulty should take one or two treatments a day or two before their time, and if the sickness comes on with pain, or pain at any time follows, a treatment should be taken while the sickness is on. There is no need of suffering in these cases, as this work will surely give relief in any case. In the treatment of more than five thousand cases, I have never yet failed to grant relief in less than fifteen minutes after I got at the work. You can do the same. Your girls should never be allowed to suffer for a minute with this trouble, as it invariably leads to worse results. No medicine is worth a cent in these cases.

## Rheumatism

should be treated as we have described the treatment for pain heretofore.

### Lumbago

is a dead heavy pain at the lower end of the spine and between the hips. It is often mistaken for kidney trouble. It is a form of rheumatism not at all hard to remove in ten minutes, and if it is treated frequently, can always be cured. It is usually caused by rectal constipation, and is augmented by colds which settle at that point. The patient can help himself in eradicating this trouble, as in most all other rheumatic pains by taking of the physical culture prescribed herein, such exercises as will work well the muscles which are affected. There was never a greater falacy put forth by the medical profession than that of requiring a rheumatic patient to keep still. Exercise is the law of health. A person thus afflicted should work the muscles of the whole body as often as three times a day and never allow the affected part to remain quiet for more than a half hour at a time during the day. Nearly all persons with rheumatism have rectal constipation. It is therefore of the utmost importance that the bowels should be kept open. This may be effectually done by taking a table-spoon full of common wheat bran morning and evening and drinking large quantities of warm water before breakfast. The lemon prescribed for the morning in the article on physical culture may be doubled at night in bad cases with good results, for weeks at a time. Give the patient plenty of fruits and vinegar in water quite frequently.

### Headache

may be removed by first getting in rapport. Then rub with the flat hands from the center of the forehead towards the back of the head. Then backwards and down, in front and back of the ears down on the neck, holding the left hand on the forehead and with the right hand rubbing the base of the brain and



treating the neck downward. Keep the eyes closed, as the patient will rest better. Have the patient breathe deeply during treatment of any kind, if possible.

### Nervousness

may be treated first, by getting in rapport. Then treat the scalp backwards from the forehead with the very tips of the fingers as far as you can go. Rub the blood out of the forehead as in treating headache. Treat the base of the brain as before directed. Then with one hand on the stomach as before, press with the left quite hard on the forehead with the fleshy muscle of the inside of your thumb for two minutes. Then make light passes with the left hand, using but the tips of the fingers from the top of the forehead down just below the end of the nose. Alternate between the passes and the pressure till your patient sleeps. If he shows signs of restlessness, continue longer till he sleeps soundly. As a rule, a patient will wake up of his own accord. But should he sleep longer than you think necessary, you may arouse him by opening his eyelids and blowing your breath in each eye and then in a firm tone of voice, admitting no doubt, say, "awake!" or "wake up, now!" Never throw water on a patient for this purpose, nor pinch or hurt him. And remember, that while he sleeps, he is doing himself more good than you can, by recuperating his exhausted forces in a natural way. An hour of real magnetic sleep is worth more than ten of the natural sleep, because the nerves are all relaxed and the entire system at rest

### Fevers

should be taken in the start. Administer plenty of very warm water as a drink. Keep the feet warm and the head cool. Get in rapport, then treat the whole body from the scalp down to the feet, giving especial attention to the bowels and stomach, and the spine. Vigorous kneading and massage of the entire body,

alternated with light magnetic passes with the tips of the fingers, may be kept up for half an hour at a time and the treatments repeated till the patient perspires, as often as the fever returns.

### Chills

may be broken as a rule, in a few minutes, simply by getting in rapport and remaining so for a few minutes. Treatment at the base of the brain is also important. Administer hot drinks with frequency and have patient breathe deeply.

### Breathing Deeply

is of much importance in any treatment. See that he takes very deep breaths and holds them during five pulsations of the heart, and then breathes out slowly, completely emptying his lungs. Always see that the breathing is done through the nose, not the mouth. Mouth breathing is a fruitful source of catarrh.

### Constipation.

To make the bowels move, get thoroughly in rapport, then knead the abdomen from right to left, working in a rotary manner, alternating with magnetizing the abdomen with both hands. To prevent constipation, use plenty of wheat bran night and morning and drink plenty of hot water before breakfast. Eat plenty of fresh fruit and cereals for breakfast.

### Sour Stomach

comes from too much acid of one kind. Drink two table-spoons full of home-made vinegar in water. Hold the hands on the pit of the stomach for a few minutes. Never take soda. Avoid medicines, as they ruin the stomach. Breathe deeply.

## Kidney Trouble

may be treated much the same as lumbago, except that your work must be done eight or ten inches higher on the spine and frequently holding the hand over the bladder on the abdomen.

## Sprains.

Magnetize the part. Knead softly. Work the blood out and into the part and bandage with cold compress between treatments. Have the patient work the parts affected occasionally, to prevent stiffening and bandage with cold, thick compress every night and rub the part dry when the compress is taken off.

## Boils

may be relieved of much of their pain by frequent magnetization and treating them towards the center with very light, dispersive passes with the very tips of the fingers.

## Ulcers and Other Sores

should be frequently magnetized and the operation continued for fifteen minutes to an hour where the effect is to start the action of the sore. When a sore has begun to run, alternate with passes towards the opening, the same as in treating boils.

## Inharmony.

You will on rare occasions find persons whom it is impossible for any operator to put to sleep. Persons having syphilis for many years are usually of this class.

## The Hair.

Your hair may be kept in as good condition, as glossy and fresh as when you were a child, if you will spend only five minutes twice a day in rubbing the scalp with the tips of the fingers (not the nails) in

a vigorous manner and giving the scalp fifty strokes daily with a good, stiff brush. Wash once a week the entire scalp and hair with soap and warm water, and be sure to dry well after rinsing well in cold water. Listerine, half water, also witch hazel are both excellent for the scalp and hair. Never use oil, alcohol or bay rum on your hair.

### Treat Yourself.

When you are ready to go to sleep at night, place the right hand on the pit of the stomach and hold it there till the chest under the hand is wet with perspiration. Inhale long breaths and hold them long enough to count five, then breathe out slowly till the lungs are entirely empty. Repeat this till you sleep. Any pain which you can reach with your hands may be helped by a magnetizing of the part effected and massage as you would another. Fifty deep breaths in the open air will cure any headache.

### Sore or Weak Eyes

may be greatly strengthened by frequently magnetizing them and following a cold compress and tying it on the forehead so that it will reach from the top of the forehead to the end of the nose, and after laying down pressing it down closely against the eyelids. When removed in the morning, care should be taken to rub the forehead dry as soon as the compress is removed. Never allow the hair to get wet. Farther rules for health will be found in the chapter on physical culture, breathing and bathing.

### Dropsy

may be treated the same as fevers, and by kneading the affected part a little more vigorously with heavy downward passes. Give frequent treatments and have the patient eat little grease and take plenty of outdoor breathing and moderate exercise.